UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT

Friday, August 14, 1936

(FOR BROADCAST USE ONLY)

Subject: "HOME FREEZES." Information from the Bureau of Home Economics, United States Department of Agriculture.

---oo0oo---

The "Market Basket" which comes from the Bureau of Home Economics in Washington, D.C., this week has the cool title of "Home Freezes." And it starts out with these chilly words:

"Besides the millions of pounds of ice cream we Americans buy in summer, we make unguessable quantities at home, especially in these days of freezing-made-easy."

Not so long ago the very simplest kind of ice cream to make -- mousse, required a pan of cracked ice and salt, a bowl of whipped, sweetened and flavored cream, and some sort of a mold to hold it in the ice. But with the modern mechanical refrigerator and its convenient freezing unit, making mousse is simpler still. You have your choice of a great variety of flavors for mousses. Then, if you also have a home-size freezer and a good arm to turn the crank -- you're all set for ice creams and ices galore to add to your list of home freezes. The home-grown fruits that are plentiful at this season will help out with your frozen desserts.

This simple-to-make ice cream that goes by the name of mousse is a still freeze Other ice creams and sherbets and ices must be stirred as they freeze, so for them you need a freezer.

You see, the texture of any frozen dessert -- its softness and smoothness to the tongue -- depends largely upon the size of the crystals that form as it freezes. You have several different ways of controlling the size of those crystals. To be soft enough to eat at all, the crystals in the frozen mixture must be very small -- not in a solid block of ice such as forms when water or any thin liquid stands still at a freezing temperature. What freezes in ice cream, you see, is the water that is in the cream mixture. To make ice crystals small, you have to manage to keep the water particles apart as they freeze. In any ice cream, the fat particles in the cream help keep the water particles separated. But whipping air into the cream before freezing, or beating it in with the dasher of the ice cream freezer during freezing are also methods of keeping the water particles separate and thus keeping the crystals small.

I should have mentioned before that mousse was the French word for froth. The ice cream we call mousse is really frozen foam. Cream happens to be heavy enough to hold the air whipped into it and the air bubbles along with the fat particles help keep the mixture smooth. To make the simplest mousse, whip the cream, sweeten and flavor it, and pour it into the drawer of the freezing unit in your mechanical refrigerator. Leave it to freeze. Or set the mixture in a bowl in a pan with cracked ice and salt surrounding and covering the bowl. In three or four hours it is ready to serve.

With fruit mousse, use equal parts of cream and crushed fruit, sweetened to taste.

If you prefer a less-rich mousse, use some thin cream or rich milk in addition to the whipping cream and use egg whites and a little gelatin also to help keep the water particles separate and make a smoother freeze.

A not-too-rich mousse mixture calls for 1 cup of double cream..... 1 cup of rich milk or thin cream..... 1 teaspoon gelatin..... 6 tablespoons of sugar..... 2 egg whites..... a bit of salt..... 1/2 teaspoon of vanilla. To make, first soak the gelatin until soft in a little of the milk or thin cream. Heat the remainder and pour it over the gelatin. Add the sugar and stir until dissolved. Put the mixture aside to chill. Whip the double cream. When the mixture containing the gelatin has partially set, beat it to incorporate air. Add the vanilla and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce the richness, increase the volume and improve the texture of the mousse. These proportions will make 4 cups before freezing -- enough to serve 5 or 6 people. Without the beaten egg whites, the mixture will make about 3 cups before freezing.

Now, if you make a fruit mousse, you will leave out the gelatin and the thin cream and use 1 cup of crushed fruit with sugar as needed.

So much for still freezes. Now for the old-fashioned ice cream made in the freezer that is stirred as it freezes. This ice cream is made with plain, not whipped cream. The dasher turning in the freezer scrapes the little crystals off the side and by keeping them constantly in motion, prevents them from getting larger or combining with other crystals. Plain ice cream is made of cream, sugar, flavoring and a bit of salt to bring out the flavor. With good rich cream, you need no other ingredients. But if the cream is thin, or diluted with milk, eggs or gelatin are sometimes used to give body to the mixture.

Here's the recipe from the Bureau of Home Economics for plain vanilla ice cream.

For plain vanilla ice cream, a good rich mixture is 1-1/2 pints of single cream..... 1/2 pint of double cream..... 2/3 cup sugar..... 1/4 teaspoon salt..... 2 teaspoons vanilla. "French" vanilla ice cream is a frozen custard. Use a quart of milk..... 3/4 cup sugar..... 1/2 teaspoon salt..... and 4 eggs to make a soft custard. When this mixture is cool add 1 cup double cream, and 1-1/2 teaspoons of vanilla. The freezing mixture for both these ice creams is 1 part salt to 4 to 6 parts of ice. Turn the freezer slowly, and after freezing remove the dasher, pack the freezer with more ice and salt, and let it stand for an hour or more to ripen.

###